

*Helpful hints
about
HOMEMAKING...*



TIPS . . . SUGGESTIONS
MENUS . . . RECIPES

YOUR FLAMELESS
ELECTRIC RANGE

*from the
HOME ECONOMICS STAFF
of Union Electric Company*

ELECTRIC RANGE INDEX

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INTRODUCTION

The dream of nearly every homemaker is a modern automatic electric kitchen. In the heart of this kitchen is the flameless electric range — the pride of all who have enjoyed its many conveniences so necessary for modern living.

A flameless electric range makes our dream of a modern kitchen much easier to attain, for our range is as simple to clean as a china plate. Our pots and pans stay bright and shining with the minimum of dreaded scrubbing and scouring. There is no flame — therefore, no soot.

It's convenience, we love. With just a flick of a switch we have exact heat and controlled temperature. These are the reasons that our electric cookery produces such nourishing and tasty foods. We need little or no water for cooking electrically, and therefore, preserve a large portion of the minerals and vitamins so necessary for our healthful living. Foods also have a better color and are more appetizing.

Besides, with exact heat and controlled temperature, it is thrifty to use a flameless electric range. We need use no more electricity than the amount required for performing each particular cooking process. The dependability of the various heat speeds and controlled oven temperature assures uniform results. We also save time and energy formerly devoted to "pot watching" and "oven-peeping."

It is easy "to make dreams come true." When her economical and time-saving electric range has become the heart of her kitchen, and she has given electric cookery a trial, the homemaker soon realizes that she has, indeed, taken a big step toward materializing her dream of a modern automatic electric kitchen.

HOW TO CARE FOR YOUR ELECTRIC RANGE

Are you interested in obtaining the maximum service and most economical use from your electric range? A modern flameless electric range is "a thing of beauty" and it is amazing how easy it is to keep it clean. Observe the rules for electric cookery — such as,

1. Having pans which fit the units, and lids which fit the pans.
2. Using small quantities of water for steaming foods.
3. Having foods to be seared, fried or pan broiled at room temperature before cooking them.
4. Turning to the proper heat speed or temperature for the cooking process to be done.
5. Being sure that cooking utensils are never more than two thirds full — and there will be little cleaning necessary.

Since we may not at all times observe the above recommendations, we have found that a range, like any other piece of equipment, will serve us longer if a few simple suggestions on how to clean it are followed. For this reason, we offer the following hints for the care of your modern range.

To Clean Outside Surface —

1. When cool, wash outside of range with warm soapy water. Washing the porcelain while hot may cause it to craze. Dry with a soft cloth. (Grandmother would have loved this — so easy! No blackening!)
2. Avoid letting spilled foods remain on range to dry or harden, as this may cause discoloration of the porcelain. If range surface is hot, remove spilled foods with a dry cloth or paper towel. Wash with a damp cloth when cool.
3. If your range has bright trim — wash and polish the trim with a metal or silver polish.

To Clean Surface Units —

1. Have all switches at "off" position. The closed surface units on most electric ranges can be raised high enough to allow the removal of the drip pan below. Wash this pan in warm soapy water and keep it bright and shiny.
2. In case the units do not have removable drip pans, the units may be lifted enough to allow washing around the edges of the units.
3. Foods spilled on "open" surface units must be burned off. DO NOT use a *sharp* or *pointed* instrument to remove spillage; you may damage the heating coil. Under the surface units on most electric ranges is a drip tray. This catches "boilovers" (if they occur) and can be easily cleaned if spillage is removed before it dries. Remove drip tray — wash in warm soapy water, rinse and dry.

To Clean Deep Well —

1. The cooker kettle of the deep well may be cleaned like any other cooking utensil. If lid is insulated, do not immerse in water.
2. The well itself should be lifted up for only a short distance. It can be readily cleaned by wiping both the inside and outside wall with a cloth wrung from warm soapy water. Wipe dry. Return to original position. *Keep cooker switch at "off" position when well is not in use.* Follow the manufacturer's instructions on cleaning the type of surface unit on your range.

To Clean Oven —

1. Caution! Be sure all switches are turned to "off" position.
2. Remove baking racks.
3. Remove lower and upper heating units.
4. Wipe oven with a cloth wrung from warm soapy water. Wipe dry. Wipe baking racks.
5. In case food has boiled over and has become burned or charred — *do not remove* burned portion with a *sharp* or *pointed* instrument. This may injure the porcelain. Soak the stubborn portion by laying a cloth soaked in warm soapy water over the burned portion. Wipe firmly with this cloth or use a stiff-bristle brush until charred portion is loosened. If some char still is sticking lay a cloth or paper towel soaked in household ammonia over this spot. Wipe out with damp cloth and dry thoroughly.
6. Replace heating units and baking racks. *Be sure heating units are pushed into their positions firmly.*

HOW TO ENJOY YOUR ELECTRIC RANGE

Easy to use and economical — that's your electric range!

Here are our hints and suggestions for the use of your electric range!

For Surface Units —

1. Use utensils which have a flat bottom and are the same size as the heating unit.
2. Have tight fitting lids.
3. Use small amounts of water. Why use current and time to heat water when all we wish to do is cook our food?
4. Turn switch to "high" until steaming. *Hint* — Don't remove lid and allow steam to escape. Steam has the same temperature as boiling water, therefore, our food cooks evenly without it being covered with boiling water.
5. Turn switch to "low" or "simmer" for remainder of cooking time. For the last five minutes turn switch to "off" and finish cooking on stored heat. *Hint:* We find this method of cooking shortens cooking time and vegetables have better flavor and color. Tests show that they also contain more vitamins and minerals.
6. For frying use "medium" speed. Suggestion — your skillet may be covered lightly with *wax paper* to prevent spattering. With flameless electric cookery there is no danger of the paper catching fire. Your food browns nicely, for the paper allows most of the steam to escape.

TABLE OF COOKING TIME FOR VEGETABLES

VEGETABLE	COOKING TIME		Amount of Water*
	(After "Steaming" or "boiling" point is reached)		
	Fresh	Frozen	
ASPARAGUS	15-20	5-8	¼ cup
BEANS, Green	30-45	15-20	¼ cup
BEANS, Lima	25-35	15-20	¼ cup
BEANS, Wax	25-30	12-15	¼ cup
BEETS, young whole	35-45	18-20	¼ cup
BEETS, cooked and sliced before freezing or cooking		Heat to temperature for serving	¼ cup
BEET GREENS	20-25	10-12	¼ cup
BROCCOLI	15-20	5-7	¼ cup
BRUSSELS SPROUTS	20-25	3-4	¼ cup
CARROTS	15-25	5-10	¼ cup
CAULIFLOWER, whole	25-30	5-8	¼ cup
CORN, sweet (cut from cob)	6-10	3-4	¼ cup
CORN, sweet (on cob)	10-12	3-4	¼ cup
KALE	40-50	20-25	¼ cup
KOHLRABI	15-20	8-10	¼ cup
MUSHROOMS (do not cook in water but saute)			no water
MUSTARD GREENS	25-30	12-15	¼ cup
PEAS	15-20	6-8	¼ cup
SPINACH	10-15	4-6	no water
SQUASH (summer)	15-25	10-12	¼ cup
SQUASH (winter)	25-30	Heat to proper temperature for serving	¼ cup
SWISS CHARD	15-20	8-10	¼ cup
TURNIPS	25-30	12-15	¼ cup
TURNIP GREENS	30-40	15-20	¼ cup
POTATOES, white med.	25-30		¼ cup
POTATOES, sweet med.	25-30		¼ cup
CABBAGE, shredded	10-12		¼ cup
ONIONS, small, whole	20-25		¼ cup
TOMATOES, sliced, quarters	10-15		no water

*The size of the cooking pan will vary the amount of water. We suggest you cover the bottom of the pan with a thin film of water — then add the vegetable.

The meal suggestions which have been assembled in this book will give you ideas for using all of the equipment on your electric range. The surface units, the oven, the broiler, and the deep well cooker may all be used for cooking whole meals. Use the part of your electric range best suited to the type of meal you desire. This will give you increased satisfaction in the every day use of your range and your meals will have greater variety and higher food value. Much time and money can be saved by effective use of all four parts of your electric range. The surface units and broiler are best for meals which need to be cooked in a hurry. Deep well cooker meals can be planned around the foods which need long, slow cooking. Your electric oven will turn out a delicious roast, vegetables, and a cake or pie all at the same time. The automatic control and the timer clock take care of the watching. You prepare the foods whenever it is convenient. After they are in the oven you can forget about the cooking until time to serve a hot delicious meal. Your wise choice and use of electric cookery will retain all of the fine flavor and food value of your meats, fruits and vegetables.

ONE-DISH MENUS AND RECIPES FOR SURFACE UNITS

"Savers" of time and electricity are "one-dish" meals cooked on a surface unit.

Here are some of our suggestions for "one-dish" meals. As you read these, you will think of other combinations of foods which your family enjoys that can be prepared in this thrifty manner. One thing to keep in mind while planning "one-dish" meals, is to select foods that require about the same cooking time. Place the food which takes the longest time to cook on the bottom and that taking shorter time on top.

If the lid has been lifted for any reason thus allowing steam to escape, be sure to turn switch back to "high" until steaming briskly again, then turn to "low" or "simmer."

SKILLET MEALS

BEEF PATTIES

SWEET POTATOES

4 beef patties
4 round sweet potatoes
4 medium sized apples

APPLE RINGS

$\frac{1}{2}$ cup raisins
Cinnamon
Brown sugar

Brown beef patties in small amount of fat in skillet on large surface unit of electric range with switch turned to "medium" speed. When patties are browned on both sides, add sweet potato rounds which have been cut 1 inch thick. Place cored unpeeled apples on sweet potato slices. Fill center of apples with raisins and sprinkle with brown sugar and cinnamon. Place lid on skillet. Turn switch to "high" speed until steam escapes. Turn switch to "low" speed and cook for 30 minutes without raising lid. Turn switch to "off" for last five minutes. Serves 2 to 4 people.

LINK PORK SAUSAGE

BROWNED POTATOES

8 links of pork sausage or 4
sausage patties
4 medium potatoes, sliced thin

RUTABAGA TURNIPS

2 cups sliced rutabaga turnips
Parsley
Pimiento

Brown sausage in skillet on large surface unit of electric range with switch turned to "medium" speed. Drain off the excess fat. Add potatoes and brown lightly. Arrange potatoes on one side of skillet. Place rutabagas on other side. Arrange sausage over vegetables. Cover skillet. Turn switch to "high" speed until steam escapes. Turn switch to "low" speed for ten minutes and then to "off" for five minutes. Garnish with parsley and pimiento.

SPANISH PORK CHOPS

4 loin pork chops, $\frac{1}{2}$ inch thick
2 tablespoons fat
1 cup raw rice, well-washed
1 onion, chopped

$3\frac{1}{2}$ cups tomato juice
1 bay leaf
Flour, salt and pepper

Melt fat in pan the same size as large surface unit. Turn switch to "medium" speed. When fat is hot, add floured pork chops. Brown on both sides. Remove chops, drain off fat and cool pan, and then add the remaining ingredients. Arrange the chops on top of rice and tomato juice. Cover pan. Turn switch to "high" speed. When steam escapes turn switch to "low" speed for 50 minutes and then to "off" for 5 minutes. Remove bay leaf before serving.

NOODLE MEDLEY

2 cups uncooked noodles
1 cup diced celery
1 can red kidney beans
 $\frac{1}{3}$ cup fat or oil
3 cups tomatoes

$\frac{1}{2}$ cup diced onions
 $\frac{1}{2}$ cup diced green peppers
1 cup button mushrooms
Salt, pepper and paprika

Melt fat or oil in chicken fryer with switch turned to "medium" speed. Sauté onions and green peppers until lightly browned. Layer celery, beans, mushrooms, noodles and tomatoes in order. Season to taste. Cover and turn switch to "high" speed until steam escapes. Turn switch to "low" speed for 15 minutes and then to "off" for 5 minutes. Serves 6 to 8.

MEAT PATTIES

POTATOES

CARROTS

4 meat patties
2 cups sliced potatoes
4 small carrots, cut in thin strips

2 tablespoons fat or oil
Salt, pepper and parsley

Brown meat patties in skillet on large unit of electric range with switch turned to "medium" speed. When patties are browned, arrange carrots and potatoes at sides of skillet. Add $\frac{1}{4}$ cup water. Cover skillet. Turn switch to "high" speed until steam escapes and then to "low" speed for 10 minutes, then to "off" for 5 minutes. Serves 2 to 4.

CREAMED DRIED BEEF STEAMED POTATOES

Creamed Dried Beef

$\frac{1}{4}$ pound dried beef, chopped
4 tablespoons butter or fat
4 tablespoons flour

2 cups milk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Melt fat in skillet on large surface unit of electric range with switch turned to "medium" speed. Brown chopped dried beef. Add flour, salt and pepper. Brown flour slightly. Add milk and cook 10 minutes on "low" heat. Serve over steamed potatoes or on toast.

MENUS AND RECIPES FOR DEEP WELL

On your electric range the deep well is the "kettle" of many uses. It has the same wonderful, even, flameless heat as the surface units, which makes electricity so clean and safe to use.

What is it good for? We suggest:

1. Cooking whole meals with dessert.
2. Steaming of vegetables, also desserts.
3. Cooking large quantities of food such as soups, stews, baked beans, hot chocolate.
4. Excellent for cooking less expensive or less tender cuts of meat.

The cooking principles for the deep well are the same as those for cooking on the surface unit. Use a small amount of water, bring to a brisk boil on "high" — turn to "simmer" or "low" for the *rest of cooking time*.

Special Hints

Whenever you remove the lid of the deep well always quickly turn the down side up so that the moisture formed on the lid will not fall back into the well thus mixing the food flavors. If you put the lid back on and intend to steam the products further, turn switch to "high" speed until once again a rapid flow of steam forms and then turn back to "low" speed.

If you are steaming a pudding in the deep well, always cover the top of the pudding pan with wax paper or a tight fitting lid, allowing enough space for the expansion of the pudding. When you use wax paper, always allow several inches of loose wax paper above pan before securely tying with a string. We have found that soup cans, or baking powder cans are good containers for pudding and may be used safely as inset pans in the deep well.

DEEP WELL COOKER MEALS

STUFFED FLANK STEAK

SWEET POTATOES GREEN BEANS

ONIONS

CHOCOLATE PUDDING

Stuffed Flank Steak

2 pound flank steak. Spread steak with dressing made of:

- | | |
|------------------------|----------------------|
| 1 cup bread crumbs | 1 teaspoon salt |
| 1 diced onion | 3 tablespoons milk |
| 1 diced green pepper | 2 tablespoons butter |
| ½ teaspoon celery salt | |

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Roll steak and fasten with skewers, tooth picks, or tie with string. Brown steak in skillet on large surface unit of electric range with switch turned to "high" speed. Place trivet in bottom of deep well cooker. Put rolled steak and pudding on trivet. Add one cup of water. Cover cooker. Turn to "high" until a rapid flow of steam escapes; then turn to "low" and cook two hours. Add vegetables 45 minutes before serving. After the addition of vegetables again turn switch to "high" speed until a rapid flow of steam escapes and then turn back to "low." Serves 4 to 6.

Chocolate Pudding

1 egg	1 cup flour
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ ounces melted chocolate	$\frac{1}{8}$ teaspoon salt
1 teaspoon butter	$\frac{1}{2}$ cup milk

Beat egg, add sugar and continue beating. Add melted chocolate and butter. Sift baking powder with flour and salt, and add alternately with milk. Fill well oiled cans $\frac{2}{3}$ full. Cover cans.

Green Beans

Tie green beans in small bunches and add 45 minutes before serving. The bunches of beans may be wrapped in a strip of bacon and fastened with toothpicks.

Onions

Use medium sized onions and add 45 minutes before serving.

Sweet Potatoes

Cut sweet potatoes if they are large. Add 45 minutes before serving.

SWISS STEAK ROYAL STEAMED POTATOES TURNIPS ORANGE PUFF PUDDING

Swiss Steak Royal

2 pounds round steak cut $1\frac{1}{2}$	1 Bermuda onion
inches thick	2 cups tomato juice
1 clove garlic	Salt and pepper

Brown meat in skillet on large surface unit of electric range with switch turned to "high" speed. Place browned meat in deep well cooker. Cut garlic in small pieces and add to meat. Slice onion over top. Pour 2 cups tomato juice over all. Steam $1\frac{1}{2}$ hours. Add whole potatoes and turnips 45 minutes before serving. Serves 4 to 6.

Orange Puff Pudding

$\frac{1}{3}$ cup butter, margarine or	2 cups flour
shortening	3 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon orange flavoring	$\frac{1}{2}$ cup milk
$\frac{1}{3}$ cup orange marmalade	2 eggs, separated

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Cream the fat and sugar together, add the flavoring, egg yolks and marmalade. Sift dry ingredients together. Add to the first mixture alternately with milk. Mix well. Fold in the beaten egg whites. Turn into well-oiled pudding molds, and cover. Do not fill molds over $\frac{2}{3}$ full. Steam with the Swiss Steak for 1 $\frac{1}{2}$ hours.

NEW ENGLAND BOILED DINNER

3 pounds corned beef
6 onions
6 potatoes

6 turnips
6 carrots
1 head cabbage

Soak beef for 1 hour in cold water. Place in deep well cooker with 1 cup water. Turn to "high" speed until steam appears at vent. Turn to "low" speed and simmer meat for about 3 hours, or until tender. Fifty minutes before serving, skim fat from top of liquid, add vegetables, cut in pieces for serving. Turn to "high" speed until steam appears; then reduce heat to "low" speed and cook for 45 minutes. (Cut cabbage in 4 to 6 pieces.) Serves 6.

POT ROAST

BUTTERED CARROTS STEAMED ONIONS

PARSLEY POTATOES

STEAMED DATE PUDDING

Pot Roast

Brown three pound pot roast on all sides in skillet on large surface unit with switch turned to "medium" speed. Place trivet in bottom of deep well cooker, add 1 cup water and put meat and pudding on trivet. Cover cooker. Turn switch to "high" speed until steam escapes, turn switch to "low" speed and continue cooking one hour. Place vegetables around meat. Turn switch to "high" speed until steam escapes; then turn switch to "low" speed. Cook one hour longer. Butter the carrots and scatter chopped parsley over the potatoes before serving. Serves 6.

Steamed Date Pudding

3 tablespoons melted butter or
shortening
2 cups flour
 $\frac{3}{4}$ teaspoon soda
1 teaspoon ground cloves
1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon all spice
 $\frac{1}{2}$ teaspoon salt
1 cup milk
 $\frac{3}{4}$ cup molasses
 $\frac{1}{2}$ pound dates (cut in small pieces)

Melt shortening, sift flour, measure, add dry ingredients and sift again. Mix molasses and milk, add to dry ingredients. Add shortening. Fold in dates. Pour into well-oiled mold and steam two hours with pot roast.

CHICKEN FRICASSEE CURRIED RICE CARROTS ONIONS

Chicken Fricassee

Cut a 3 to 3½ pound chicken as for frying. Season with salt, pepper and paprika. Dredge with flour. Saute chicken in melted fat or oil until golden brown on "medium" speed in chicken fryer. Put trivet in bottom of well cooker. Arrange chicken on trivet, add 1 cup water.

Turn switch to "high" speed. When steaming, turn switch to "low" speed. Cook for 1½ hours. Serves 4 to 6.

Curried Rice

- | | |
|------------------------------|-------------------------|
| 1 cup rice, well washed | 1 teaspoon salt |
| 2 cups water | ½ teaspoon curry powder |
| 2 tablespoons meat drippings | |

Combine all ingredients. Pour into an oiled mold. Place in cooker with chicken. Steam for 1½ hours.

Vegetables

- | | |
|------------------------|-----------------------|
| 4 medium sized carrots | 4 medium sized onions |
|------------------------|-----------------------|

Scrub carrots, peel onions. Forty-five minutes before meal is to be done lift rice from well, arrange vegetables on top of chicken then return rice to cooker. Turn switch back to "high" to start steaming, then back to "low" speed.

STEWED CHICKEN AND NOODLES

- | | |
|------------------|----------------------|
| 3 pound chicken | ¼ cup chopped celery |
| 4 cups water | Salt and pepper |
| 2 teaspoons salt | 2 cups noodles |
| 1 onion, chopped | |

Cut chicken into pieces for serving. Place in deep well cooker with seasoning and water. Turn switch to "high" speed until steam escapes, then turn switch to "low" speed for 1½ hours, or until chicken is tender. Add noodles and mix with broth. Turn switch to "high" speed until steam escapes then turn switch to "low" speed and cook 20 minutes. Serves 4 to 6.

CHILI CON CARNE

- | | |
|-------------------------|------------------------------|
| 1 pound ground beef | 2 tablespoons chili powder |
| ¼ cup fat or oil | 1 tablespoon salt |
| 1 pound onions, chopped | 1 pound dry red kidney beans |
| 1 No. 2 can tomatoes | 1 quart water |

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Wash beans and place in deep well cooker with 1 quart of water. Turn switch to "high" speed until steam escapes then turn switch to "low" speed and cook beans about two hours. Melt fat in skillet on large surface unit with switch turned to "medium" speed. Brown meat and onions. Add tomatoes, seasonings, and browned meat and onions to partially cooked beans. Turn switch to "high" speed until steam escapes and then to "low" speed for 1 hour. Serves 6 to 8.

STEAMED VEGETABLE DINNER

4 potatoes	1 pound green peas or fresh lima
4 onions	beans
1 medium head cauliflower	Butter or margarine
4 carrots	Seasonings
4 beets	

Prepare potatoes, onions and carrots as for steaming whole. Peel the beets and slice or dice; tie up in cooking parchment, or place in an inset pan with 1 tablespoon butter or margarine. Shell peas or lima beans; tie up in cooking parchment, or place in an inset pan with 1 tablespoon butter or margarine and seasonings. Remove trivet from the cooker kettle. Place cans containing beets and peas or beans in bottom of kettle. (If cooking parchment is used for these vegetables place them last in the cooker.) Arrange other vegetables as follows: onions on bottom, carrots on top of onions, potatoes on top of carrots, cauliflower broken into 4 pieces on top of potatoes. (Add beets and peas or lima beans if tied in parchment). Pour 1 cup water over all. Season. Cover. Turn switch to "high" speed until steam flows freely, then turn to "low" speed for 1½ hours. Remove immediately from cooker kettle. Flavors do not blend unless food is allowed to stand in kettle after heat has been turned off.

STEAMED FISH LOAF

ONIONS

POTATOES

ACORN SQUASH

Fish Loaf

1 cup cooked flaked fish or 1 7-oz. can fish (with its liquid)	1 cup fine soft bread crumbs
2 tablespoons chopped green pepper (optional)	½ teaspoon salt (optional — depends on type fish used)
1 tablespoon chopped pimiento (optional)	⅛ teaspoon pepper
1 tablespoon minced onion	2 eggs, separated
2 tablespoons butter or margarine	½ cup milk
	2 teaspoons lemon juice (optional)

Shred the fish. Sauté green pepper and onion in the butter or margarine; add to the fish with the bread crumbs and seasonings. Beat egg yolks, add milk, and then add both to the fish mixture. Stir in the lemon juice. Fold in the stiffly beaten egg whites. Pour mixture into a well-oiled covered pudding mold or No. 2½ can with two thickness of wax paper tied over the top. Place in deep well cooker.

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6 medium sized onions
6 medium sized potatoes

2 or 3 acorn squash

Add whole onions and potatoes, and acorn squash cut in halves or thirds. Cover. Turn switch to "high" until steam escapes, then turn switch to "low" heat for 1 hour to 1 1/4 hours. Serves 4 to 6.

FRESH (OR FROZEN) FISH

POTATOES IN JACKETS

STRING BEANS

STEWED DRIED FRUIT

1 to 2 pounds fresh or frozen fish
(suggestion: salmon steak)
4 or 6 medium-sized potatoes
1 pound string beans

1 cup dried fruit (such as apples,
apricots, figs, peaches, pears or
raisins)
1/2 lemon, sliced (optional)

Put 1 cup of water in bottom of deep well cooker kettle. Wash dried fruit, thoroughly. Place with sliced lemon and 1 cup of warm water in a covered inset pan (or No. 2 tin can — using wax paper or cooking parchment tied over top as a lid), and set container of dried fruit in bottom of well cooker. Scrub potatoes thoroughly, and place them on bottom of well cooker, also. Clean string beans; leave whole; and lay them on top of potatoes. Cover well cooker. Turn switch to "high" heat speed until steam flows freely. Then turn to "low" heat for 45 minutes. At the end of this time place fish on trivet in the well cooker, or tie in clean cheese cloth and put on top of food already in cooker. Cover cooker. Turn switch back to "high" heat until cooker steams vigorously; then reduce to "low" heat and cook 10 to 15 minutes longer depending upon thickness of fish, and whether or not it is frozen. Fish may be served plain, buttered or with any desired sauce. Serves 4 or 6.

SHRIMP CREOLE

3 cups cooked or canned shrimp
3 tablespoons butter or margarine
1 tablespoon minced onion
1/4 cup diced green pepper
1/2 cup shredded mushrooms
3 tablespoons flour

2 cups tomato pulp and juice
(strained)
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon chili powder or sage
(optional)

1/2 teaspoon Worcestershire Sauce (optional)

Melt the butter or margarine on "medium" speed in the deep well cooker. Add the onion, green pepper, and mushrooms. Cover, and cook about 5 minutes, or until soft. Stir the flour into this mixture, and blend thoroughly. Add the tomato gradually. Add the seasonings, stir occasionally, and cook until thick (about 5 minutes). Add the shrimp, mixing lightly to keep them from breaking. Cover cooker. Turn switch to "low" or "simmer" speed, for 15 minutes (or until shrimp are heated through.) Serve on toast or steamed rice.

NOTE: This recipe may also be cooked in a covered saucepan or chicken fryer on a surface unit.

HOW TO ENJOY YOUR ELECTRIC BROILER

Broiling is cooking food by direct exposure to radiant heat. Only the glowing heat of charcoal and the glowing heat of an electric broiler unit produce true broiling. With your electric range, broiling is a quick, cool, clean and convenient way to cook food that becomes a mealtime sensation. The rules for broiling are simple; for, in your electric range, broiling is done from a "cold start." Absolutely *no* preheating of the oven, or unit, or broiler pan is necessary!

1. Set the temperature control to "broil."
2. If there is a separate oven switch, set it to "broil."
3. Place food on broiler pan rack, or in broiler pan.
4. Leave oven door ajar (on most electric ranges the door is designed to stay at "ajar" position — which keeps it open about 3 inches.)
5. When food has browned satisfactorily on one side, turn the food and broil it the required time on the other side.

Broiled foods are healthful. They are tasty and delicious. Complete broiler meals can be prepared. The combinations and variety are almost limitless. A meat, one or two vegetables and a suitable fruit can all be cooked at one time. This is an excellent way to turn precooked (canned or left-over) foods into tempting and palatable meals.

As you look through our suggestions for broiler meals you will think of other combinations of foods which your family particularly enjoys. Keep in mind, however, that all vegetables heated in the broiler must be pre-cooked except tomatoes, mushrooms and eggplant. Most fresh fruits such as peaches, pears, bananas, oranges, plums or apples may be broiled with delightful results.

Your personal taste will govern the length of time your foods are broiled. If you like your foods well done, place them farther away from the broiler unit. They will take a longer time to brown and therefore have time to cook thoroughly. The closer foods are placed to the broiler unit the rarer they will be; as the surface browns before the center of the food is well done.

Thickness of foods will also influence your placement of the broiler pan. Place thicker foods a greater distance from the broiler unit, in order that the heat may penetrate the food and allow it to cook through before becoming too brown.

CLEANING THE BROILER — is not a hard task. Just wash the broiler pan with hot soapy water after each use, and rinse with hot water. If the broiler pan is washed carefully every time it is used, caring for it will never be an unpleasant chore. It is burned-on food that is hard to remove. If you put the broiler pan and rack to soak in the sink while dinner is being served, you will find this simplifies the cleaning.

To clean the broiler unit — simply turn the broiler unit on for a short time to burn off any particles of grease.

BROILER MEALS

BROILED HAM

CORN MEAL MUSH

GREEN BEANS

Put the drained canned or precooked fresh green beans in the broiler pan. Place $\frac{1}{2}$ inch thick ham slices on broiler rack over the green beans. Season with salt and pepper. Be sure to cut ham all around the edges at about 1 inch spaces to keep ham edges from curling. Arrange slices of mush which have been brushed with butter around the ham. Place broiler rack so that the top of the food is about 3 inches from the broiler unit. Broil until nicely browned (9 to 12 minutes). Turn the ham and mush. Continue broiling on the other side approximately 9 minutes.

FRANKFURTER DE LUXE

CRISP POTATOES

APPLE RINGS

PEAS

Remove small wedges from sides of frankfurter and inset a wedge of cheese. Wrap frankfurter and cheese with bacon and fasten with tooth picks. Place on the broiler rack. Place peas in broiler pan below frankfurters and sprinkle chopped frankfurter made from the removed wedges over the peas. Brush round $\frac{1}{2}$ inch thick slices of apple and cooked potatoes with butter, and place on rack around frankfurters. Place broiler pan in the oven, under the broiler unit so that the top of the food is about 3 inches from the broiler unit. Turn oven switch to "broil." In about 8 or 9 minutes turn food and sprinkle apples with brown sugar and cinnamon. Broil about 7 minutes. Serve.

LINK PORK SAUSAGE

SWEET POTATOES (COOKED)

PINEAPPLE RINGS

SPINACH

Precook sweet potatoes. Cut in round slices 1 inch thick, brush with melted fat, and sprinkle with brown sugar. Place on the broiler rack. Brush pineapple rings with melted fat. Place link pork sausage and pineapple rings on the broiler rack. Put drained seasoned spinach in pan under link pork sausage. Place broiler pan so that top of food is about 3 inches away from broiler unit. Broil foods about 7 minutes. Turn, and broil about 6 more minutes.

LAMB CHOPS

CORN WITH PIMIENTO STRIPS

PEACH HALVES WITH MINT JELLY

Drain liquid from 1 can Golden Bantam or Cob Cut corn and put in broiler pan under rack. Garnish with pimiento strips. Place lamb chops on rack. Place 3 inches from broiler unit. Broil 5 to 7 minutes. Turn. Then place drained canned peach halves or fresh peach halves on the rack of broiler pan, and broil 6 minutes longer. When ready to serve, place a teaspoonful of mint jelly in the center of each peach half.

HAMBURGER PATTIES FRENCH BROILED POTATOES, DICED CARROTS PEAR HALVES

Shape hamburger into six thin patties. Place in center of broiler rack. Arrange precooked small new potatoes, and pear halves around the patties on broiler rack. Brush patties, potatoes and pears with melted fat. Put cooked, diced carrots in broiler pan under meat patties. Place broiler pan so that top of food will be $2\frac{1}{2}$ to $3\frac{1}{2}$ inches from broiler unit, depending on how well done you desire your hamburgers. Broil about seven minutes. Turn foods, brush again with melted fat, and broil about 5 minutes longer.

6 PORK SAUSAGE PATTIES 1 CAN HOMINY, DRAINED 3 OR 6 FRESH TOMATOES, CUT IN HALVES

Place sausage patties on broiler rack. Put hominy in broiler pan under sausage. Place broiler pan so that food will be 3 to 4 inches from broiler unit. Broil patties about 7 minutes. Turn patties, brush tomato halves with melted butter and place cut side up on broiler pan around patties, and finish broiling — about 6 minutes. Season to taste either before or after cooking. Serve on chop plate heaping hominy in center and arranging patties and tomatoes around the edge. Garnish with parsley. Serves 6.

NOTE: Large Mushroom caps could be stuffed with the sausage meat.

BROILED FRESH FISH HALF-SHELL POTATOES CAULIFLOWER CANNED TOMATOES

Use fish about 1 inch thick. Put tomatoes into broiler pan. Season to taste. Cut in half lengthwise, and scoop out insides of baked Idaho potatoes carefully, and mash and season as for mashed potatoes. Keep the shells. Heap the potato mixture lightly back into shells, and sprinkle with grated cheese. Dip precooked cauliflower flowerets into egg and crumbs, or similar prepared coating. Brush fish (dressed fish, fish steaks, or fillets) with butter, margarine, or cooking oil, and place in center of broiler rack. Put potato halves around fish. Set broiler pan in oven so that top of food will be 3 to 4 inches from broiler unit. Broil 8 to 10 minutes. Turn fish and brush uncooked side with melted fat or oil. Add cauliflower to food on broiler rack. Broil 8 to 10 minutes longer. Arrange fish, potatoes and cauliflower on a chop plate. Garnish with parsley, lemon slices, carrot sticks and radishes, if desired. Serve tomatoes separately.

NOTE: Fish breaks easily. Turn with two pancake turners or spatulas. "Split whole fish" (with skin side down on broiler rack), or thin filets need not be turned.

BROILED FISH CROQUETTES EGG PLANT CANNED OR PRE-COOKED ASPARAGUS

Put drained asparagus into broiler pan. Season to taste. Make fish croquettes as follows:

(Continued on Next Page)

- | | |
|------------------------------------------|------------------------------------------------------|
| 1 cup cooked fish (canned or pre-cooked) | 1 teaspoon salt |
| 1 tablespoon fish or salad oil | Few grains pepper |
| 2 cups mashed potatoes | $\frac{1}{8}$ teaspoon thyme (optional) |
| 1 well-beaten egg | 2 tablespoons melted butter, margarine or shortening |
| $\frac{1}{2}$ cup dry bread crumbs | |

Combine fish, oil, potatoes, egg and seasonings and shape into six flat cakes. Dip in melted fat and coat with dry bread crumbs. Arrange croquettes in center of rack of broiler pan. Peel egg plant. Slice $\frac{3}{4}$ to 1 inch thick. Dip in egg and then in flour (or brush edge and both sides with melted fat or cooking oil). Season with salt and pepper. Place the prepared egg plant slices around the fish croquettes. Set pan in oven so that top of food will be about 4 inches from broiler unit. Brown food on one side (about 10 minutes), turn, and broil on other side (8 to 10 minutes). To serve: Heap asparagus in center of chop plate, arrange fish croquettes and egg plant slices alternately around edge of chop plate. Garnish with tomato slices, lemon wedges, and sprigs of parsley or watercress.

EGGS IN MASHED POTATO NESTS MIXED VEGETABLES

Combine pre-cooked vegetables, or use canned mixed vegetables. Drain well, spread over bottom of broiler pan and dot with butter, margarine or ham, bacon, or chicken fat. Place the broiler rack over the vegetables in the broiler pan. To 3 cups mashed potatoes add 1 well-beaten egg. Blend thoroughly and season. Use a spoon or pastry bag to form the mashed potato mixture into 6 "nests" on the *well-oiled* rack of broiler pan. Make a deep depression in the center of each "nest," and leave upper edge of "nest" roughened (so that browning will be shaded, and more attractive). Place broiler pan in oven so that top of food is 4 inches from broiler unit. Broil 8 minutes. Then into each "nest" slip a whole egg which has been removed from the shell. Continue broiling for 3 minutes (or until egg is cooked to degree of doneness desired). Serve at once.

NOTE: For variety, $\frac{1}{4}$ to $\frac{1}{2}$ cup grated cheese may be blended with the potatoes, or sprinkled over the eggs. Serves 6.

OVEN MEALS

Do you know that meats baked in your flameless electric oven need no basting throughout their entire cooking period? Do you know that you can steam vegetables, stew fruits, or cook cereals in your oven? Do you realize that at the same time your meat is roasting you can also be baking a beautifully browned pie, or a loaf of delicious bread?

Your electric oven can be a great help in saving time, work, and money, while you prepare a variety of delicious oven meals. The entire meal cooks in the oven with never a peek from you. Plan your meal and then make plans for free time. Begin with the meat or other main dish, then choose vegetables and a dessert which will cook well in the time and at the temperature best for the main dish.

Many of the foods for oven meals can be prepared far ahead of time, put into the cooking utensils, and kept in your electric refrigerator until time for them to go into the oven. Foods which change color from exposure to air, (such as peeled potatoes, sweet potatoes, egg plant, etc.), foods made with leavening agents, and those made with large quantities of milk and eggs should be prepared and put into the oven just before cooking time. Almost all other foods can be prepared and placed in your electric oven as far ahead as *six hours* before the time for the food to begin cooking.

Before placing food in your oven, ALWAYS check your upper and lower oven units to be sure that they are plugged completely into their terminal blocks. Also, arrange the oven racks in proper positions for the foods to be baked. *Preheat* the oven whenever the baking time is 30 minutes or less. If the baking time is longer than 30 minutes, foods may be put into a preheated oven or given a "cold oven start." In your modern electric range there will be no difference in the cooking time for "cold oven start" foods.

Following is a simple, easily remembered, general plan for arranging the foods making up an oven meal:

1. Put the lower rack on lowest rack guides in oven and
 - a. Place meat, fish, or vegetable loaves to the back in the corner *under* the oven vent opening.
 - b. Place the vegetable with the longer cooking time in the opposite front corner — (diagonal from the oven vent).
2. Put the upper rack just high enough to clear the foods and utensils used on the lower rack, and
 - a. Place the vegetable with the shorter cooking time, and scalloped or candied food, at the back in the corner *away* from the vent opening.
 - b. Place pie, loaf cake, pudding or other desserts in the opposite front corner — (same side as oven vent opening).

The *best* position for the upper rack is the center of the oven. Sometimes it is necessary to place it higher, but keep the top of the food on the upper shelf at least 2 inches from the upper oven unit.

To allow circulation of heat, pans should never touch each other, or the sides, back, or front of the oven. One pan should not be placed directly above another.

With your food arranged in your oven — all that remains is to turn your temperature control to the temperature required for cooking your meal, and, if your range has a separate switch for turning on the oven units, be sure it is set at "bake" position. If there is an automatic timer-clock on your range, set it to take care of turning the oven on and off at the proper times for your meal. It will work for you while you are resting, busy with other chores, or away from home on business or pleasure during the cooking time. Your family will be able to sit down promptly to enjoy a well planned, easily prepared, well-cooked, delicious, fresh, hot meal!

Here are a few suggestions for oven meals. With these ideas it should be easy for you to plan your very own oven meals from the list of foods your family prefers, or from your favorite standard recipes.

MEAT LOAF WITH MASHED POTATOES PEAS CHERRY PIE

Meat Loaf with Mashed Potatoes

- | | |
|--------------------|------------------------|
| 1 egg | 1 small onion |
| ½ cup bread crumbs | 1 pound ground beef |
| ¼ cup milk | ½ pound ground pork |
| 1 ½ teaspoons salt | 2 cups mashed potatoes |

Beat egg. Add remaining ingredients except the potatoes. Mix well. Flatten mixture on waxed paper. Spread meat mixture with the mashed potatoes. Roll meat and potatoes like a jelly roll. Place in well-oiled meat pan. Place on lower rack to the back of the oven in the corner under the oven vent.

Peas

Put in a tightly covered pan or casserole with seasoning and ½ inch water. Place on upper rack to the back of oven in the corner opposite to the oven vent.

Cherry Pie

- | | |
|---------------------------|------------------------|
| 1 No. 2 can sour cherries | Cinnamon |
| 1 cup sugar | 1 teaspoon lemon juice |
| 4 tablespoons flour | |

Drain juice from cherries. Mix flour and sugar together, then mix with cherries. Sprinkle with cinnamon, if desired. Add lemon juice.

Standard Pastry (makes one double crust 9-inch pie)

- | | |
|--------------------------|-------------------------------|
| 2 cups all-purpose flour | ¾ cup shortening |
| 1 teaspoon salt | 4 to 5 tablespoons cold water |

Sift flour and salt together into large bowl of the electric mixer. Add shortening and blend with flour on low speed. Add water and continue mixing just long enough to form dough. Roll half for the bottom crust, fit into pan. Add cherries mixed with flour and sugar. Dot with butter. Cover with crust, seal edges. Place on upper rack to the front of oven, on vent side.

BAKE ENTIRE MEAL AT 350° FOR 1 ½ HOURS.

VEAL BIRDS BRAISED CELERY BAKED POTATOES APPLE PIE

Veal Birds

- | | |
|------------------------------|------------------------------------|
| 4 thin slices leg of veal | ¼ teaspoon salt |
| 1 cup bread crumbs | ⅛ teaspoon pepper |
| 2 tablespoons chopped onions | 3 tablespoons butter or shortening |
| 1 tablespoon chopped parsley | 1 cup water |
| 1 cup cream | 2 tablespoons flour |

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Cut veal into strips 3x4 inches. Combine bread crumbs, onion, parsley, salt and pepper. Spread veal with bread crumb mixture. Roll up and fasten with tooth picks. Melt fat in skillet on large surface unit with switch turned to "medium" speed. Brown veal on all sides. Place in well-oiled casserole. Add water to the skillet, bring to boil. Scrape brown particles from skillet. Mix flour with cream and add to water making a gravy. Pour over meat. Cover casserole. Place on lower rack to the back of the oven in the corner under the oven vent.

Braised Celery

2 large spanish onions, sliced	4 cups celery, sliced
¼ cup melted butter or margarine	1 tablespoon cornstarch
2 cups water	2 bouillon cubes

Place onions in well-oiled baking dish. Melt butter or margarine in skillet on large unit with switch turned to "medium" speed. Add celery and brown. Dissolve bouillon cubes in 1 ¾ cups hot water. Mix cornstarch with ¼ cup cold water. Add to bouillon, and stir and cook until smooth. Pour over celery. Pour celery mixture into casserole. Bake uncovered on the upper rack to the back of the oven in the corner opposite to the oven vent.

Baked Potatoes

Select smooth potatoes of uniform size. Scrub thoroughly and then dry. Rub lightly with unsalted fat. Put on lower rack to the front of oven in diagonal corner from meat (and oven vent).

Apple Pie

Standard Pastry

3 ½ cups sliced apples	2 cups sifted all-purpose flour
4 tablespoons flour	1 teaspoon salt
1 ¼ cups sugar	⅔ cup shortening
1 tablespoon butter or margarine	4 to 5 tablespoons cold water
Cinnamon	

Sift flour and salt together into large electric mixer bowl. Add shortening and blend with flour on "low" speed. Add water and continue mixing just enough to form dough. Roll half for the bottom crust, fit into pan. Add apples mixed with flour, sugar and cinnamon. Dot with butter or margarine. Cover with crust, seal edges. Place on upper rack to the front of oven on same side as meat.

BAKE ENTIRE MEAL AT 350° FOR 1 ½ HOURS

STUFFED SPARERIBS

BAKED SQUASH SQUARES SPANISH LIMA BEANS

FIG SURPRISE CAKE

Fruit Stuffed Spareribs

3 pounds spareribs (2 equal sides)	4 large apples, chopped
Salt and pepper	1 teaspoon salt
½ pound chopped raw prunes	

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Put the two sides of uncooked spareribs together to form a pocket. Season inside and out with salt and pepper. Stuff with prunes and apples. Skewer or sew together. Put in a shallow baking pan. Place on lower rack to the back of the oven in the corner under the oven vent.

Bake in electric oven (or roaster) 2 hours at 350°.

Baked Squash Squares

- | | |
|-------------------------------|-----------------------------------|
| 1 medium sized Hubbard Squash | 2 tablespoons brown sugar |
| 2 teaspoons salt | 3 tablespoons butter or margarine |
| 1/8 teaspoon pepper | |

Prepare squash and cut in 3 inch squares. Place in a well-oiled baking pan. Sprinkle with salt, pepper and sugar and dot with butter or margarine. Put on upper rack to the back of oven in the corner opposite to the oven vent, after meat has baked 1 hour. Bake in electric oven (or roaster) 1 hour at 350°.

Spanish Lima Beans

- | | |
|-----------------------------------------------|--------------------------------|
| 4 cups cooked dry lima beans (or fresh limas) | 1/2 cup catsup |
| 1 small onion, minced | 1/2 cup strained tomatoes |
| 1 cup diced celery | 1/3 cup brown sugar (optional) |
| 1/2 cup chopped green pepper | Salt and pepper to taste |
| | 4 slices bacon |

Combine all ingredients; place in well-oiled uncovered baking dish. Arrange bacon on top. Put on lower rack to the front of the oven in the corner diagonal from the oven vent, after meat has baked 1 hour.

Bake in electric oven (or roaster) 1 hour at 350°.

Fig Surprise Cake

- | | |
|-----------------------------|----------------|
| 1/3 cup butter or margarine | 12 canned figs |
| 1 cup brown sugar | |

Sprinkle brown sugar in bottom of well-oiled loaf pan, dot with butter or margarine. Place figs in sugar mixture. Cover with following cake batter:

Cake Batter

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|-------------------|----------------------------|
| 2 eggs | 2/3 cup cake flour |
| 2/3 cup sugar | 2/3 teaspoon baking powder |
| 1/2 cup fig juice | 1/2 teaspoon salt |

Beat egg yolks until light. Beat in sugar. Add fig juice, then dry ingredients. Fold in stiffly beaten egg whites. Pour into pan over fig and sugar mixture. Put on upper rack to the front of oven on same side as meat, after meat has baked 1 1/4 hours. Turn upside down when done. Bake in electric oven 45 minutes at 350° with oven meal.

MEAT BALLS WITH VEGETABLE SAUCE CORN SOUFFLÉ BAKED ORANGE PUDDING

Meat Balls with Vegetable Sauce

- | | |
|--------------------------|--------------------|
| 1 pound beef, ground | 2 teaspoons salt |
| 1 small onion | 1 pint tomatoes |
| 1 green pepper | 1 tablespoon flour |
| 1 stalk celery | 2 eggs |
| 2 tablespoons shortening | ¼ teaspoon pepper |
| ¾ cup moist bread crumbs | |

Chop onion, green pepper and celery. Mix ground meat with bread crumbs, salt and pepper, and beaten eggs. Form into egg-size balls. Melt shortening in skillet and brown meat balls on large surface unit of electric range with switch turned to "medium" speed. Add chopped vegetables and tomatoes. Turn into a well-oiled casserole. Cover. Put on lower rack to the back of the oven, in the corner under the oven vent. Bake in electric oven (or roaster) at 375° for 45 minutes.

Corn Soufflé

- | | |
|----------------------------------------------------------|--------------------------------------------|
| 2 cups grated fresh corn or canned
creamed style corn | ⅛ teaspoon pepper |
| 3 eggs, beaten | 1 ½ cups milk |
| 3 tablespoons flour | 1 tablespoon melted butter or
margarine |
| 1 teaspoon salt | |

Add beaten egg to corn. Mix flour, salt and pepper. Add milk gradually, beating until smooth. Add melted butter or margarine. Combine with the corn and egg, and pour into a well-oiled uncovered casserole. Put on upper rack to the back of oven, in the corner opposite to the oven vent. Bake in electric oven (or roaster) at 375° for 45 minutes.

Baked Orange Pudding

Sauce —

- | | |
|-----------------------------------|-----------------------------------|
| 1 cup granulated sugar | Grated rind and juice of 1 orange |
| 1 ½ cups boiling water | ¼ teaspoon salt |
| 2 ½ tablespoons cornstarch | Nutmeg, if desired |
| 3 tablespoons butter or margarine | |

Mix sugar, salt, and cornstarch; add boiling water gradually, stirring constantly. Cook on surface unit with switch turned to "low" speed for 5 minutes. Add orange juice and rind. Pour one fourth of sauce into well-oiled pan, cover with cake mixture. Reserve remainder of sauce to serve over pudding.

Cake Mixture —

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|----------------------------------|---------------------------|
| 1 ½ cups pastry flour | ½ teaspoon orange extract |
| 2 ½ teaspoons baking powder | ½ teaspoon salt |
| ½ cup melted butter or margarine | ½ cup granulated sugar |
| ½ cup milk | 1 egg |

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Sift together all dry ingredients. Add the egg to the milk, then the melted butter or margarine. Beat slightly. Turn the wet ingredients into the dry ingredients; then beat until the mixture is smooth. Stir in the flavoring. Pour batter over orange sauce in pan. Put on upper rack to the front of oven, on same side as vent.

BAKE IN ELECTRIC OVEN (OR ROASTER) AT 375° FOR 45 MINUTES. Serves 6.

VEAL CUTLETS

PEAS WITH PIMIENTO NEW POTATOES STEAMED IN CREAM CORN FLAKE APPLE DESSERT

Veal Cutlets

1 cup chopped green onions	2 teaspoons salt
½ cup butter or fat	¼ cup flour
5 cups soft bread crumbs	Veal cutlets — 2 slices (3 pounds)
½ cup hot water	3 tablespoons fat or salad oil
Pepper	

Brown onions in butter or fat in skillet on large surface unit with switch turned to "medium" speed. Add to crumbs with pepper and 1 teaspoon salt. Mix flour with remaining salt. Dredge cutlets. Brown in fat. Place one cutlet in a well-oiled shallow baking pan. Spread with stuffing. Top with remaining cutlet. Fasten with skewers. Pour the ½ cup hot water into the pan in which cutlets were browned. Stir thoroughly, and bring to a boil. Pour this stock over cutlets. Cover pan. Place on lower rack to the back of the oven in the corner under the oven vent. Bake at 350° for 1 hour.

Minted Peas with Pimiento

4 pounds peas	¼ cup chopped fresh mint
¼ cup butter or margarine	Salt and pepper
1 teaspoon sugar	Chopped pimiento
¼ cup water	

Shell peas. Place in casserole with ¼ cup water. Add butter or margarine, sugar, salt, pepper, and mint. Mix well. Cover. Garnish with pimiento when cooked. Put on lower rack to the front of the oven, in the corner diagonal from the oven vent. Bake at 350° for 1 hour in electric oven (or roaster).

New Potatoes Steamed in Cream

18 small new potatoes	Few grains pepper
¼ teaspoon salt	1 tablespoon butter or margarine
1 teaspoon celery salt	¾ cup light cream

Place potatoes in well-oiled casserole. Sprinkle with salt, celery salt, and pepper. Add butter and cream. Cover. Put on upper rack to the back of oven, in the corner opposite to the oven vent. Bake at 350° for 1 hour in electric oven (or roaster).

Corn Flake Apple Dessert

2 pounds cooking apples	½ cup chopped nuts
3 cups corn flakes	¼ cup seedless raisins
1 teaspoon cinnamon	½ cup sugar
2 tablespoons butter or margarine	

Peel, core and chop apples. Oil a pudding dish, cover bottom with corn flakes; then add a layer of apples, sprinkle with cinnamon and sugar, add a few nuts and raisins, dot with butter or margarine. Repeat layers until all ingredients are used. Have corn flakes dotted with butter or margarine on top. Place on upper rack to the front of oven, on same side as oven vent. Bake uncovered at 350° for 1 hour in electric oven (or roaster).

BAKE ENTIRE MEAL AT 350° FOR 1 HOUR IN ELECTRIC OVEN (OR ELECTRIC ROASTER). SERVES 6.

MEAT LOAF

ESCALLOPED POTATOES

JULIENNE CARROTS

QUEEN OF PUDDINGS

Meat Loaf

1 ½ pounds ground beef	2 tablespoons chopped parsley
1 egg	½ teaspoon pepper
1 cup soft bread crumbs	2 teaspoons salt
1 tablespoon minced onion	2 strips bacon

Mix meat thoroughly with unbeaten egg, bread crumbs, parsley, onion, salt and pepper. Oil loaf pan with unsalted fat. Place meat in the pan and shape into a loaf. Place strips of bacon over the top. Put on lower rack to the back of the oven, in the corner under the oven vent. Bake at 350° for 1 ¼ hours.

Escalloped Potatoes

4 cups raw potatoes (sliced thin)	1 ½ cups milk
3 tablespoons butter or margarine	1 teaspoon salt
3 tablespoons flour	¼ teaspoon pepper

Make a white sauce of the butter, flour, salt, pepper and milk. Oil a casserole and fill it with alternate layers of sliced potatoes and white sauce. Place lid on casserole and place on upper rack to the back of oven, in the corner opposite to the oven vent. Bake at 350° for 1 ¼ hours.

Julienne Carrots

6 medium carrots	1 tablespoon minced onion
2 tablespoons butter or margarine	½ cup water
¼ teaspoon salt	2 tablespoons chopped parsley

Scrub carrots; do not peel. Cut into thin lengthwise slices. Place in casserole with the onion, water and salt. Cover. Place on lower rack to the front of the oven, in the corner diagonal from the oven vent. Bake at 350° for 1 ¼ hours. Before serving, add the chopped parsley.

Queen of Puddings

2 cups stale bread crumbs
2 cups scalded milk
2 eggs, separated
2 tablespoons sugar

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup currant jelly
 $\frac{1}{4}$ cup sugar for meringue

Soak the crumbs in the hot milk until soft; then add the egg yolks mixed with the sugar and salt; pour into a well-oiled baking dish, and bake uncovered. Place on the upper rack to the front of the oven, on same side as oven vent. Bake at 350° for 45 minutes. Remove from oven and spread with jelly. Beat egg whites until stiff. Add the sugar gradually and beat until meringue is very stiff. Spread meringue on top of the jelly. Put pudding back in oven, and bake at 350° for 15 minutes longer, or until a delicate brown. Serve hot or cold with cream. Serves 6.

BAKED HAM

POTATOES AU GRATIN

BAKED ONIONS

GREEN BEANS

APPLE CRISP

Baked Ham

Place 6-lb. tenderized ham with fat side up on an inset rack in a shallow pan. Put on lower rack to the back of the oven, in the corner under the oven vent.

POTATOES AU GRATIN

2 cups diced cooked potatoes
1 $\frac{1}{2}$ cups thin White Sauce plus $\frac{1}{4}$ cup grated American Cheese

Combine potatoes and white sauce with grated cheese. Turn into a well-oiled baking dish, sprinkle about 6 more tablespoons of cheese over the top, and dot with butter or margarine.

White Sauce —

1 $\frac{1}{2}$ cups milk 1 $\frac{1}{2}$ tablespoons flour
1 $\frac{1}{2}$ tablespoons fat

Place potatoes on upper rack to the back of oven, in the corner opposite to the oven vent.

Baked Onions

Remove loose tough outer skin from onions; wash, and place in a small covered baking dish containing about $\frac{1}{2}$ cup water. Be sure to use small or medium onions. Season before baking. Place on lower rack in the oven.

Green Beans

Wash beans and break into 2-inch pieces. Place in a covered baking dish containing $\frac{1}{2}$ cup water. Season before baking. Place on lower rack in the oven.

Apple Crisp

4 cups sliced apples
¼ cup sugar
1 tablespoon lemon juice
½ cup honey
½ cup all-purpose flour

¼ cup brown sugar
¼ teaspoon salt
¼ cup butter or margarine
¼ cup walnuts

Spread apple slices in a well-oiled shallow baking dish, sprinkle with sugar and lemon juice, and pour honey over all. Mix flour, brown sugar, and salt, and work in butter or margarine as for biscuits — making a crumbly mixture. Mix half of these crumbs through the apple and honey mixture and sprinkle the rest evenly over the top. Put on upper rack to the front of oven, in the corner opposite to the oven vent. Serve warm with or without cream or whipped cream.

BAKE THE ENTIRE MEAL AT 350° FOR 1 HOUR. SERVES 4 to 6.

BAKED FISH

OVEN FRIED POTATOES BUTTERED BEETS

CREAMY RICE PUDDING

Baked Fish

3 or 4 pound baking fish
¼ cup dry bread crumbs
Seasonings

2 strips bacon or
1 tablespoon butter or margarine

Place fish in a well-oiled shallow baking dish. Sprinkle with bread crumbs. Lay strips of bacon over top, or dot with butter or margarine. Season to taste. Place uncovered on lower rack to the back of the oven, in the corner under the oven vent.

Buttered Beets

1 ½ pounds beets
½ cup water

3 tablespoons butter or margarine
Seasonings

Peel the beets. Shred coarsely or slice very thin. Put into a 1 ½ quart casserole with the water and seasonings. Dot with butter or margarine. Cover. Place on lower rack to the front of the oven, in the corner diagonal from the oven vent.

Oven Fried Potatoes

5 or 6 potatoes
Seasonings

½ cup butter, margarine, shortening or well-strained drippings

Peel and cut the potatoes as for French Frying. Dry thoroughly. Dip in melted fat. Place in a single layer on a *very* shallow baking pan. Season. Put on upper rack to the front of oven, on the same side as the oven vent. (If convenient, turn potatoes after 45 minutes.)

Creamy Rice Pudding

2 eggs
½ cup sugar
½ teaspoon salt
2 cups milk

1 teaspoon vanilla
2 cups cooked rice
Few grains nutmeg

Beat egg yolks, add sugar, salt, milk, vanilla and rice. Fold in stiffly beaten egg whites. Pour into a well-oiled 1 ½-quart baking dish. Sprinkle with nutmeg. Place on upper rack to the back of the oven, in the corner opposite to the oven vent.

BAKE THE ENTIRE MEAL AT 350° FOR 1 HOUR AND 20 MINUTES. SERVES 6 to 8.

VEGETABLE (OR CHEESE) SOUFFLÉ

BAKED TOMATOES

FROZEN BROCCOLI

SCALLOPED PEACHES

NOTE: ON ACCOUNT OF THE SOUFFLÉ USE A PREHEATED OVEN FOR THIS MEAL.

Frozen Broccoli

Place a package of frozen broccoli with ¼ cup water and 2 tablespoons butter, margarine, chicken or bacon fat in a small pan or casserole. Cover tightly. Put on lower rack to the front of the oven, in the corner diagonal from the oven vent.

Baked Tomatoes

3 large firm tomatoes
3 tablespoons melted butter or
margarine
2 tablespoons lemon juice

½ cup dry bread crumbs
1 tablespoon finely chopped green
pepper
1 tablespoon finely chopped onion

Cut tomatoes in half, but do not peel. Dip cut edges in melted butter or margarine, then in dry bread crumbs. Arrange in a small well-oiled shallow baking pan (such as a layer cake or pie pan). Sprinkle the tops with onion and green pepper. Season with salt and pepper. Put 1 teaspoonful of lemon juice over the top of each tomato. Bake uncovered on the lower rack to the back of the oven, in the corner under the oven vent.

Scalloped Peaches

2 cups sliced peaches
2 cups sliced apples
⅛ teaspoon salt
¼ teaspoon cinnamon, or
⅛ teaspoon nutmeg

1 tablespoon butter or margarine
¼ cup brown sugar
½ cup bread, cake or graham
cracker crumbs
¼ cup water

(Continued on Next Page)

Arrange a layer of peaches on bottom of a well-oiled 1 ½-quart baking dish. Place half of apples over the peaches. Sprinkle with salt and cinnamon or nutmeg. Add another layer of peaches; then the remainder of the apples. Add the remainder of salt, cinnamon or nutmeg. Spread sugar over the top; then the crumbs and dot with the butter or margarine. Add water last. Place on the upper rack to the back of oven, in the corner opposite to the oven vent. Serve hot or cold. Other fruits may be used with the apples, such as rhubarb, apricots, pears. (This dessert may also be baked at 350° for 45 minutes.)

Vegetable (or Cheese) Soufflé

4 tablespoons butter or margarine
4 tablespoons flour
1 cup milk
Salt
Dash of Cayenne Pepper or
white pepper

} Combined in a heavy white sauce

1 cup precooked or canned mixed vegetables, drained or
1 cup grated American Cheese, 3 eggs, separated

In a saucepan placed on a small surface unit of the electric range, with switch turned to "low" speed, melt the butter or margarine, add the flour. Stir constantly, and cook for three minutes. Add the milk gradually in order to keep the mixture smooth. Stir constantly, until steam arises from the surface of sauce; then remove at once from unit. **DO NOT BOIL!** Combine at once with the drained vegetables (or cheese). Season. Next, beat the egg whites until stiff. Beat the egg yolks until thick and creamy. Mix the hot vegetable (or cheese) mixture into the beaten egg yolks. Fold in the stiffly beaten egg whites, and pour mixture at once into a well-oiled 1 ½-quart casserole. Bake immediately. Put on upper rack to the front of oven, on same side as oven vent. Bake the entire meal at 325° for 1 hour, in a pre-heated oven. *Serve immediately.*

SPECIAL RECIPES

Here are some special recipes for the added enjoyment of your electric range. All of the recipes given you in this book have been tested. All measurements are level, and are made in standard measuring spoons and standard measuring cups.

PIES

Standard Pastry Recipe — makes one double crust 9-inch pie.

2 cups sifted all-purpose flour
1 teaspoon salt

¾ cup shortening
4 to 5 tablespoons cold water

(Continued on Next Page)

Sift flour and salt together. Cut in shortening until it is the size of a pea. Add cold water gradually and handle dough as little as possible. Divide dough into two parts, and roll in shape of a circle to a thickness of $\frac{1}{8}$ inch. Place in pie pan and follow pie recipe for baking time and temperature.

Pie Shell

Make $\frac{1}{2}$ the basic pastry recipe and roll to $\frac{1}{8}$ -inch thickness. Place in 9-inch pie pan, press down lightly, prick bottom with a fork and flute the edges. Preheat the oven to 475°, and bake the pie shell 12 to 15 minutes at 475°.

Custard Pie, Old-Fashioned

3 eggs, slightly beaten
2 cups milk
 $\frac{1}{2}$ cup sugar

1 teaspoon vanilla
Dash of nutmeg
Few grains of salt

Combine eggs, milk, sugar and vanilla in order given. Strain and pour into uncooked 8-inch pie shell (unchilled). Sprinkle nutmeg over top. Preheat the oven to 425° and bake filled pie for 30 minutes at 425°.

Chocolate Cream Pie

2 cups milk
 $\frac{3}{4}$ cup sugar
4 tablespoons flour
4 tablespoons cocoa

$\frac{1}{4}$ teaspoon salt
3 egg yolks, beaten
1 tablespoon butter
1 teaspoon vanilla

Bring milk to boiling point on "low" heat. Mix thoroughly flour, sugar, salt and cocoa. Add to hot milk, stirring until smooth and thick. Cover, and cook 15 minutes. Then pour over beaten egg yolks, stirring constantly. Cook until thick. Add butter and vanilla. Pour into baked pie shell. Cover with meringue made by beating the three egg whites until stiff, and adding 6 tablespoons sugar. Preheat oven to 350°. Brown meringue for 20 minutes at 350°.

Meringue for Pies

For each egg white use 2 tablespoons of granulated, confectioners', or brown sugar. Beat egg whites until stiff, add sugar gradually and continue beating until the mixture is fine grained and holds its shape. Preheat oven to 350°. Brown Meringue at 350° for 15 to 20 minutes.

BASIC CAKE

$\frac{3}{4}$ cup butter or margarine
1 $\frac{1}{2}$ cups sugar
3 eggs
3 cups sifted flour

3 $\frac{1}{2}$ teaspoons baking powder
1 cup milk
1 $\frac{1}{2}$ teaspoons vanilla
 $\frac{1}{4}$ teaspoon salt

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Cream butter (butter should be at room temperature) on the electric mixer on No. 8 (medium fast) speed for 1½ minutes. Add sugar and continue creaming on No. 8 (medium fast) speed for one minute, then scrape the beaters and beat for one minute more, or until light and fluffy. Add one egg at a time and beat well on No. 6 (medium) speed ½ minute after each egg. Sift flour, salt and baking powder together twice. Turn mixer to No. 1 (slowest) speed and add the flour alternately with the milk to which the vanilla has been added. This should take about 45 seconds. Scrape batter from the sides and bottom of the bowl with a rubber spatula, and mix for one minute on No. 1 (slowest) speed. Pour into pans which have been oiled, and the bottom lined with waxed paper. The batter may be baked in either two 6 inch x 9 inch x 1½ inch pans, or two 7 inch x 7 inch x 2 inch pans at 375° for 25 to 30 minutes. Or this amount of batter may be baked in two 9-inch round pans or three 8-inch round pans for 25 to 30 minutes at 375°. Ice as desired.

Variations

Tea Cake — Sprinkle top of basic recipe batter before baking with:

3 tablespoons sugar	1 teaspoon nutmeg
1 teaspoon cinnamon	½ cup chopped nuts

Loaf Cake — For small loaf cake make ⅓ of basic recipe and pour into a 4 inch x 7 inch x 2½ inch loaf pan which has been oiled and the bottom lined with waxed paper. Bake at 350° for 30 minutes. If you want to try something delicious, add ½ cup of coconut to the batter.

Cup cakes — To make cup cakes fill oiled muffin tins ¾ full with basic cake batter. Bake at 375° for 25 minutes. Makes 36 medium-sized muffins. For variety add ¾ cup seedless raisins, chopped nuts, or dates to the batter.

Fruit upside down cake —

⅓ basic cake recipe	½ tablespoon lemon juice
¼ cup butter	Any stewed or dried fruit
½ cup brown sugar	

Melt butter or margarine, add brown sugar and lemon juice, and spread over bottom of pan. Arrange fruit to form design on top of sugar mixture. Pour batter carefully over fruits in the pan. Bake 40 to 45 minutes at 350°. Turn out immediately onto serving platter upside down. Suggestions for fruit to be used for this cake are: pineapple slices, maraschino cherries and pecans; cooked dried prunes and apricots; or fresh or canned peaches; apricots; or plums.

NEW 1 BOWL, 4-MINUTE CAKE

Devil's Food Cake

2 cups sifted cake flour	½ cup high grade vegetable shortening
1 teaspoon soda	1 cup buttermilk or sour milk
½ teaspoon salt	1 teaspoon vanilla
¾ cup granulated sugar	2 eggs
¾ cup brown sugar, firmly packed (force through sieve if lumpy)	3 squares (3 oz.) unsweetened chocolate, melted over hot water

(Continued on Next Page)

Measure sifted flour, soda, salt and granulated sugar into sifter and sift into large bowl of electric mixer, in which shortening has been softened. Add brown sugar, $\frac{1}{2}$ of the milk, vanilla and unbeaten eggs, and beat on No. 2 speed for 2 minutes. Add remaining milk and continue to beat on No. 2 speed for 1 minute. Then add melted chocolate and beat for 1 minute longer on the same speed. Scrape bowl frequently during the beating process, and scrape the beaters between beating periods. Bake in 2 round, 8 or 9-inch layer tins, in moderate oven (350°) for about 30 minutes. (If you have no sour milk on hand, add 3 teaspoons vinegar or lemon juice to 1 cup milk and let it stand in a warm place for few minutes.)

Angel Food Cake

1 $\frac{3}{4}$ cups egg whites
2 teaspoons cream of tartar
 $\frac{3}{4}$ teaspoon salt

1 $\frac{1}{2}$ cups granulated sugar,
measured lightly
1 teaspoon flavoring
1 cup cake flour

Measure all ingredients before starting to mix cake. Separate eggs carefully. Place whites in the large mixing bowl of electric mixer. Sift sugar twice. Sift flour, measure, and sift twice more. Beat egg whites on No. 7 or No. 8 speed until foamy. Add salt and cream of tartar. Continue beating rapidly until egg whites stand up in points, but are not dry. (During entire mixing process of Angel Food Cake it is advisable to lift the beaters up and down to beat more air into the mixture.) Turn to slowest speed and add sugar, sprinkling about 1 tablespoonful at a time over the top of the egg whites until all is used. Then add the flavoring. Fold in the flour a few spoonfuls at a time, still using slowest speed. Pour batter into an ungreased tube pan, 10 inches in diameter and 4 inches deep. Bake cake for 65 minutes from a "cold oven start" with temperature control set at 325° . Invert pan until cake is entirely cold. Remove from pan by loosening cake very gradually and very carefully with a spatula.

NOTE: When baking Angel Food Cake in an electric roaster, preheat roaster to 200° . Place cake on rack frame. Cover roaster, and set temperature control at 325° . Bake for 65 to 75 minutes.

Gold Cake

$\frac{3}{4}$ cup butter or margarine
1 $\frac{1}{4}$ cups sugar
8 egg yolks
4 teaspoons baking powder

2 $\frac{1}{2}$ cups cake flour (sifted before
measuring)
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon lemon flavoring extract
 $\frac{1}{2}$ teaspoon orange flavoring extract

Oil thoroughly, and dust with flour a tube center pan 10 inches across top and 4 inches deep. Cream the butter or margarine, add sugar, and cream together until light and fluffy. Add the egg yolks and beat well. Sift flour and baking powder together, add flavoring to the milk. Add alternately the flour and milk mixtures, beginning and ending with the dry ingredients. Beat until smooth and well mixed. Do not overmix. Temperature 350° . Baking time, 45 to 60 minutes.

SEVEN-MINUTE ICING

1 unbeaten egg white
 $\frac{7}{8}$ cup granulated sugar

3 tablespoons cold water
 $\frac{1}{2}$ teaspoon flavoring extract

Place all the ingredients in sauce pan on "simmer" speed on the electric range. Beat with beater for seven minutes. Add flavoring, beat and spread on cake.

CHOCOLATE — Add to above, $1\frac{1}{2}$ ounces melted unsweetened chocolate two minutes before removing from heat.

JELLY ROLL

5 eggs, separated
1 cup cake flour
1 teaspoon baking powder
1 cup sugar

$\frac{1}{4}$ teaspoon salt
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 tablespoon water

Beat egg yolks until thick. Add sugar gradually; then fruit juice and rind. Add water. Sift flour, salt, and baking powder together. Fold into egg mixture. Fold in the stiffly beaten egg whites. Pour into a well-oiled shallow pan $11\frac{1}{2}$ inch x 16 inch x 1 inch deep. Bake at 360° for 20 minutes. Turn onto a board covered with a clean cloth (such as a linen dish towel). Spread the cake with jelly or jam. Roll. Wrap tightly with cloth. Allow to stand until cold. Unwrap and sprinkle with powdered sugar.

COOKIES

Oatmeal Cookies

$\frac{3}{4}$ cup butter or margarine
 $1\frac{1}{2}$ cups sugar
2 eggs
2 tablespoons molasses
 $\frac{1}{2}$ cup sour milk
1 teaspoon baking soda

$\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
2 cups rolled oats
1 cup raisins
 $2\frac{1}{2}$ cups flour
1 cup nutmeats

Cream shortening; gradually add sugar. Cream until light. Add eggs, one at a time. Beat. Add molasses, and sour milk to which the soda has been added. Then add the rest of the ingredients in the order given. Drop from the tip of a teaspoon on a baking sheet. Bake 8 to 10 minutes at 450° . Makes 125 small cookies.

Filled Oatmeal Cookies

5 cups rolled oats
1 cup flour
 $\frac{1}{8}$ teaspoon salt

1 cup shortening
 $\frac{3}{4}$ cup sugar

Mix until crumbly in texture, then add:

$\frac{1}{2}$ cup sour milk

1 teaspoon soda

Roll out. Cut in small rounds. Bake for 10 minutes at 350° . Fill as desired with filling made as follows:

(Continued on Next Page)

1 cup chopped dates or raisins
¾ cup sugar

1 teaspoon lemon juice or vinegar
¼ cup water

Bring to rapid boil and cool. Recipe makes 75 filled cookies.

Chocolate Brownies

½ cup fat
2 ounces chocolate
¾ cup sifted flour
½ teaspoon baking powder
1 teaspoon vanilla

¾ teaspoon salt
2 eggs
1 cup sugar
1 cup nuts, coarsely cut

Melt fat and chocolate together over "low" heat. Cool. Sift flour with baking powder and salt. Beat eggs until light, add sugar, then chocolate mixture, and blend. Add flour, vanilla and nuts, and mix well. Bake in 8 inch x 8 inch oiled pan in a moderate oven (350°), 30 to 35 minutes. Cool and cut in squares. Make 16.

Date and Nut Kisses

2½ cups chopped dates
1½ cups chopped nuts
4 egg whites

1 cup sugar
⅛ teaspoon salt
1 teaspoon vanilla

Add the salt to the egg whites and beat until stiff. Fold in the remaining ingredients. Drop level teaspoonful onto a well-oiled cookie sheet. This recipe makes 50 kisses. Temperature 375°. Baking time 25 minutes.

Anise Cookies

1 pound powdered sugar
4 eggs
4 cups flour

1 tablespoon baking powder
½ teaspoon anise oil

Beat eggs and sugar ½ hour. Work in the flour. Roll out. Let stand overnight. Bake at 325° for 15 to 20 minutes. Makes 36 cookies.

Butter-Scotch Refrigerator Cookies

1 cup butter or margarine
2 eggs
1 teaspoon cream of tartar
1 teaspoon soda

2 cups brown sugar
1 cup walnut meats
4 cups flour
1 teaspoon vanilla

Cream butter or margarine. Add sugar and continue creaming until smooth. Add eggs one at a time, beating well. Sift dry ingredients together. Add to egg mixture. Then add nutmeats. Store in refrigerator over night. Shape and cut as desired. Bake at 350° for 12 to 17 minutes. Makes 125 cookies.

Peanut Butter Cookies

1 cup white sugar
1 cup brown sugar
1 cup peanut butter
1 cup shortening

2 eggs, beaten light
2½ cups flour
2 teaspoons soda

(Continued on Next Page)

Cream sugar, shortening, and peanut butter. Add eggs beaten light, then flour and soda sifted together. Roll into small balls. Crisscross tops with a wet fork to flatten slightly. Bake at 400° for 12 to 15 minutes. Makes 150 small cookies.

Chinese Tea Cakes

- | | |
|----------------------------------|-------------------------------|
| 1 pound light brown sugar | 1 cup nut meats, chopped fine |
| 1 pound butter or margarine | 3 teaspoons vanilla |
| 2 eggs, well-beaten | 1 teaspoon salt |
| 5 cups bread flour, sifted twice | |

Mix in the order given. Place the mixture in a long shallow well-oiled pan about 1 inch thick. Place the pan in refrigerator overnight. Bake at 350° for 35 minutes in a preheated oven. Cut in squares before removing from pan. Makes 14 to 16 squares.

Banana Nut Bread

- | | |
|--------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup shortening | $\frac{3}{4}$ cup nutmeats |
| 3 cups flour | 1 $\frac{1}{2}$ teaspoons soda |
| 1 $\frac{1}{2}$ teaspoons salt | 1 $\frac{1}{2}$ cups sugar |
| 4 eggs | 1 $\frac{1}{2}$ teaspoons vanilla |
| 4 bananas | |

Cream shortening and sugar. Beat in eggs, one at a time, add salt. Mash bananas; add soda to bananas, add vanilla, and combine with first mixture. Mix nutmeats with flour; add to banana mixture and stir only until flour disappears. Bake in two well-oiled and floured loaf pans, 8 $\frac{1}{4}$ inches long by 3 inches wide by 2 $\frac{3}{4}$ inches deep. Bake at 350° for 1 hour.

Biscuits

- | | |
|------------------------------------------|-----------------------------|
| 2 cups sifted enriched all-purpose flour | 4 teaspoons baking powder |
| 1 teaspoon salt | 4 tablespoons shortening |
| | $\frac{2}{3}$ to 1 cup milk |

Sift flour, measure. Add salt and baking powder and sift again. Cut in the shortening. Add milk to form a soft dough. Roll or pat out on a well-floured board. Cut and place biscuits on a well-oiled baking sheet. Bake at 475° for 12 to 15 minutes.

In-One-Bowl Muffins

- | | |
|-----------------------------|-------------------------|
| 2 cups flour | $\frac{1}{4}$ cup sugar |
| 1 tablespoon baking powder | 2 eggs |
| $\frac{3}{4}$ teaspoon salt | 1 cup milk |
| 3 tablespoons shortening | |

Sift together dry ingredients. Add beaten eggs, milk, and melted shortening to dry ingredients. Beat on No. 1 (slowest) speed of the electric mixer for 10 seconds, or stir only enough to mix flour. Drop by spoonfuls into well-oiled muffin tins, filling them $\frac{2}{3}$ full. Bake at 400° for 20 to 25 minutes. Makes 12 medium muffins.

Variations

Blueberry Muffins — Use basic recipe. Add 1 cup blueberries before filling muffin pans.

Graham Muffins — Use basic recipe, substituting 2 cups graham flour for 2 cups all-purpose flour.

Jiffy Corn Meal Muffins — Use basic recipe. Substitute $\frac{3}{4}$ cup yellow corn meal for $\frac{3}{4}$ cup of the all-purpose flour so that the measurements are:

$\frac{3}{4}$ cup corn meal

$1\frac{1}{4}$ cups all-purpose flour

Whole Wheat Muffins — In the basic recipe, substitute 1 cup whole wheat flour for $1\frac{1}{4}$ cups all purpose flour so that flour measurements are:

$\frac{3}{4}$ cup all-purpose flour

1 cup whole wheat flour

Apple Muffins — Add $\frac{3}{4}$ cup apples, chopped but not peeled to basic recipe. Place apple wedge on top of each muffin and sprinkle with a mixture of $\frac{1}{4}$ teaspoon cinnamon and 2 tablespoons sugar.

Griddle Cakes

$1\frac{1}{2}$ cups sifted enriched all-purpose flour

1 egg, beaten

1 cup milk

$3\frac{1}{2}$ teaspoons baking powder

3 tablespoons melted shortening

$\frac{3}{4}$ teaspoon salt

3 tablespoons sugar

Combine egg, milk and shortening, and add to sifted dry ingredients. Stir until smooth. Drop by spoonfuls onto hot oiled griddle. Bake until puffed and full of bubbles, then turn and bake on other side. Serve with syrup. Makes 10 medium-size cakes.

Five-Hour Bread

2 cups milk, scalded

1 cake compressed yeast

2 tablespoons sugar

6 cups flour

1 tablespoon shortening

$\frac{1}{4}$ cup lukewarm water

1 teaspoon salt

Cool milk to lukewarm. Add sugar, shortening, salt and yeast which has been soaked in the $\frac{1}{4}$ cup water. Add one half of flour; beat thoroughly. Add remainder of flour. Knead well. Let stand 3 hours. Shape into loaves. Brush the top lightly with melted fat, set the loaves aside in a warm place to rise until they have doubled in bulk. From a cold oven start baking at 350° for 1 hour. Makes two one-pound loaves.

NOTE: Less milk is needed when using emergency flour, the amount may vary according to the flour. We suggest that about $1\frac{2}{3}$ cups milk be used.

Rolls

Delicious rolls can be made from "Five-Hour Bread" dough. Make one loaf, and the rest into rolls if desired. Here are the instructions for some of the more common types of rolls.

Dinner Rolls

Roll dough about $\frac{3}{8}$ inch thick and cut with 1 $\frac{1}{2}$ -inch biscuit cutter. Place in well-oiled pan (pan 6 inch x 9 inch x 1 $\frac{1}{2}$ inch will hold 24 rolls). Brush top with melted fat. Let rise until double in bulk (about one hour). Bake at 425° for 20 to 25 minutes.

Parker House Rolls

Roll dough $\frac{3}{8}$ inch thick and cut with a 2 $\frac{1}{2}$ -inch biscuit cutter. Crease heavily through the center with dull edge of knife and brush lightly with melted butter or margarine. Fold over in pocket-book shape. Place on well-oiled baking sheet. Cover and let rise until light, about 1 hour. Bake at 425° for about 20 minutes. Full recipe yields about 3 dozen rolls.

Clover Leaf Rolls

Form dough into small balls. Dip each into melted butter and place 3 balls in each section of an oiled muffin pan. Cover and let rise until light, about 1 hour. Bake at 425° for 20 minutes.

Crescents

Roll ball of dough into circular shape about $\frac{1}{4}$ inch thick. Cut in pie shaped pieces. Brush with melted butter and roll up, beginning at the wide end. Curve into crescents and place on oiled baking sheet. Cover and let rise until light, about one hour. Bake at 425° for 15 to 20 minutes. Full recipe makes 32 rolls.

Poppy Seed Rolls

One recipe Five-Hour Bread. When dough is light divide into 12 pieces of equal size; roll on board with palm of hand into slender round strips, 36 inches long. Make 4 braids and cut in 3-inch pieces; pinch ends together. Place on oiled baking sheet about 1 $\frac{1}{2}$ inches apart. Cover and set in warm place until light, about one hour. Brush tops with one egg yolk beaten with 2 tablespoons cold water; sprinkle with poppy seeds. Bake at 425° for 15 to 20 minutes.

Sweet Yeast Dough

1 cup milk, scalded

$\frac{1}{4}$ cup butter or margarine

$\frac{1}{2}$ cup sugar

1 teaspoon salt

2 cakes compressed yeast

$\frac{1}{4}$ cup lukewarm water

2 eggs

5 cups flour

Pour hot milk over butter or margarine, sugar and salt. Crumble yeast into lukewarm water to soften. Cool milk to lukewarm, and add yeast. Add well-beaten eggs. Beat in flour to make a soft dough. Turn out on a floured board and knead until smooth. Form into a ball and place in oiled bowl. Cover, and let rise until double in bulk. Punch down and mold into tea rings, rolls, or coffee cakes.

NOTE: When using emergency flour, less milk is needed and the amount may vary according to the flour. We suggest using about $\frac{3}{4}$ cup milk.

Swedish Tea Ring

Roll half the Sweet Yeast Dough into a rectangular sheet about $\frac{1}{2}$ inch thick. Brush with melted butter and sprinkle with brown sugar and cinnamon. Roll jelly-roll fashion and shape into a ring. Place on an oiled baking sheet. Cut across the top with scissors at 1-inch intervals, about two thirds through the depth of ring. Turn each slice slightly on its side. Cover, and let rise until double in bulk. Bake in moderate oven (375°) 25 to 30 minutes. While warm, frost with White Frosting made by blending 1 cup of confectioners' sugar, 2 tablespoons hot water and 1 teaspoon vanilla extract. Sprinkle with chopped nuts.

NOTE: Mixed fruit-cake fruits and nuts make a delicious, colorful filling, or currants or raisins may be added to the filling if desired. If you are short of sugar 4 to 6 tablespoons of brown corn syrup may be used instead of brown sugar. This makes the roll a bit harder to handle, but the finished product is desirable.

Honey Pecan Rolls

One recipe Sweet Yeast Dough. Oil muffin pans well and place in bottom of each section one teaspoon brown sugar, 2 teaspoons honey, $\frac{1}{2}$ teaspoon butter or margarine and 3 to 4 pecan halves. When Sweet Yeast Dough is light, divide into 2 equal portions. Roll into rectangular sheet about $\frac{1}{2}$ inch thick. Brush each sheet with melted butter or margarine and sprinkle with $\frac{3}{4}$ cup brown sugar and $\frac{1}{2}$ cup chopped pecans. Roll jelly-roll fashion, sealing edges. Cut into 1-inch pieces and place cut side up in prepared muffin pans. Cover and let rise until doubled in bulk. Bake at 375° for 20 to 25 minutes. Yields about $3\frac{1}{2}$ dozen rolls.

Butter-Scotch Pecan Rolls

Follow the above instructions substituting $\frac{1}{2}$ teaspoon water for the honey.

Cinnamon Rolls

1 recipe Sweet Yeast Dough	$1\frac{1}{2}$ teaspoons cinnamon
$\frac{1}{4}$ cup melted butter or margarine	$\frac{1}{2}$ cup raisins (if desired)
1 cup sugar	

When Sweet Yeast Dough is light, roll out to long narrow sheet $\frac{1}{4}$ inch thick. Brush with melted butter or margarine. Mix sugar and cinnamon, and sprinkle over dough. If desired, raisins may be added. Roll up jelly-roll fashion and seal edge. Cut into 1 inch slices and place cut side down into well-oiled muffin pans, ring mold, or deep cake pan. Brush tops with milk, and sprinkle with cinnamon and sugar mixture. Let rise until doubled in bulk. Bake at 375° for 20 to 25 minutes. Yields $3\frac{1}{2}$ dozen rolls.

Cinnamon Coffee Cake

$\frac{1}{2}$ cup melted butter or margarine	2 tablespoons cinnamon
$\frac{3}{4}$ cup sugar	

(Continued on Next Page)

One recipe of Sweet Yeast Dough will make three coffee cakes in 9-inch tins. Divide dough in well-oiled tins and brush the top with melted butter or margarine and sprinkle with sugar which has been mixed with cinnamon. Cover and let rise in warm place until doubled in bulk. Bake in moderate oven at 375° for 30 to 40 minutes.

HOW TO FRY CHICKEN

Young chickens of any size may be fried, but the usual frying size is 2½ to 3½ pounds. Chickens under 2½ pounds are usually quartered for frying. If they are over 2½ pounds they are disjointed and cut up to give 11 or 12 pieces — 2 drumsticks, 2 second joints, 2 or 3 pieces of breast, 2 wings, 2 pieces of back and neck. When cut up for cooking, see that each piece has its section of skin to prevent meat from drying.

TO FRY:

1. Rub seasoned flour into pieces. For each pound of chicken, blend ¼ cup flour, 1 teaspoon paprika, ½ teaspoon salt, and a scant ⅛ teaspoon pepper. Save left-over flour for gravy.
2. Melt enough fat in a heavy skillet on "high" heat to give a depth of about ½ inch, turn switch to "medium" heat and
3. Start meaty pieces first, slipping less meaty pieces in between as chicken browns. Avoid crowding; use two skillets if necessary. Takes about 15 minutes for each side, depending upon the size of the pieces.
4. If chicken is over three pounds add 1 to 2 tablespoons water after browning. Cover tightly and steam until tender.
5. Uncover the last 15 minutes to recrisp skin if desired. The liver, and precooked heart, gizzard, and neck may be floured and browned with chicken the last 15 minutes.
6. Lift fried chicken to hot platter. Prepare gravy in pan drippings.

TO TEST: Cut thickest part of any piece to the bone. The meat should cut easily and no pink color be visible.

CREAM GRAVY

Pour fat from cooking pan, holding back any meat juices and bits of crumbs. Measure back into pan, three tablespoons of fat. Add 3 tablespoons of flour. Blend thoroughly. Cook and stir over "low heat" until frothy.

Add two cups cream or rich milk all at once. Cook, stirring constantly, until thickened throughout. Turn to "simmer" for 5 minutes. Season well with salt and pepper. Serve boiling hot in prewarmed gravy bowl. Yields about 2 cups.

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HOME ECONOMICS DEPARTMENT

UNION ELECTRIC COMPANY

ST. LOUIS

MAin 3222, Station 637
315 N. 12th Blvd.

WEBSTER GROVES

RE 4561, Station 630
231 W. Lockwood

UNION ELECTRIC POWER COMPANY

ALTON

MA 3-7711, Station 15
122 E. Broadway

EAST ST. LOUIS

East 2900, Station 45
No. 7 Collinsville Ave.

KEOKUK

Phone 150
800 Main Street

FORT MADISON

Phone 161-162
614 9th Street